



Little Falls Township Public Schools

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Dear Parents/Guardians,

May 4, 2017

We have become aware that some School No.1 students have been engaging in what is commonly referred to as "The Pass Out Game." This social media challenge can also be known alternatively as "knockout," "choking game," "the fainting game," "tap out," "hangman," "elevator," "rocket rides," and "blackout." In the 'game,' kids hyperventilate for one to two minutes, causing a state of hypocapnia, then stand up and pass out. During hypocapnia, the individual will enter a state of euphoria, and while that high will only last a minute or so, it can feel like hours. Hypocapnia is a state of reduced carbon dioxide in the blood. The brain stem, which regulates breathing by monitoring the blood carbon dioxide levels, signals the body to pass out.

This is a very dangerous game that can result in serious injury. Medical experts warn that depriving the brain of oxygen even for short periods of time can result in long-term brain damage, brain death, seizures, strokes, cardiac arrest or in some cases even death. In some instances children have died as a result of secondary injuries incurred after passing out.

In response to this reported behavior we will be talking with all students about the very real health risks of this behavior. Students in grades 5 - 8 will be meeting today to discuss this behavior. If we have knowledge that your child has or may have engaged in this game, you will receive a call from one of us today. In addition, if you have any information regarding students engaging in this game, please inform the main office.

We urge you to talk with your child about this dangerous behavior. We also remind you to be vigilant in routinely monitoring the internet sites your children are visiting.

Thank you for working with us to maintain your child's safety and well-being. Please feel free to reach out if you have questions or concerns.

Warm Regards,

A handwritten signature in blue ink that reads "Tracey Marinelli".

Tracey Marinelli

One District... One Team... One Vision...

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